




# Caring for Caregivers

## 关心护理人的身心健康



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Learn about:

- Taking care of yourself
- Coping tips
- Practical ways to help
- Support for caregivers

学习:

- *自护理*
- *处理秘诀*
- *实用的方法*
- *支撑护理人的援助*



A season to care...



照顾与关怀的季节。。。





## Caring Means Energy

Long-term caring can become a physical and emotional assault-course for even the most compassionate person



## 护理需要精力

尽管护理人是充满爱心与怜悯，但长期护理可造成身心疲倦





## Caring

- Compassion
- Awareness
- Response
- Initiative
- Needs
- Getting alongside

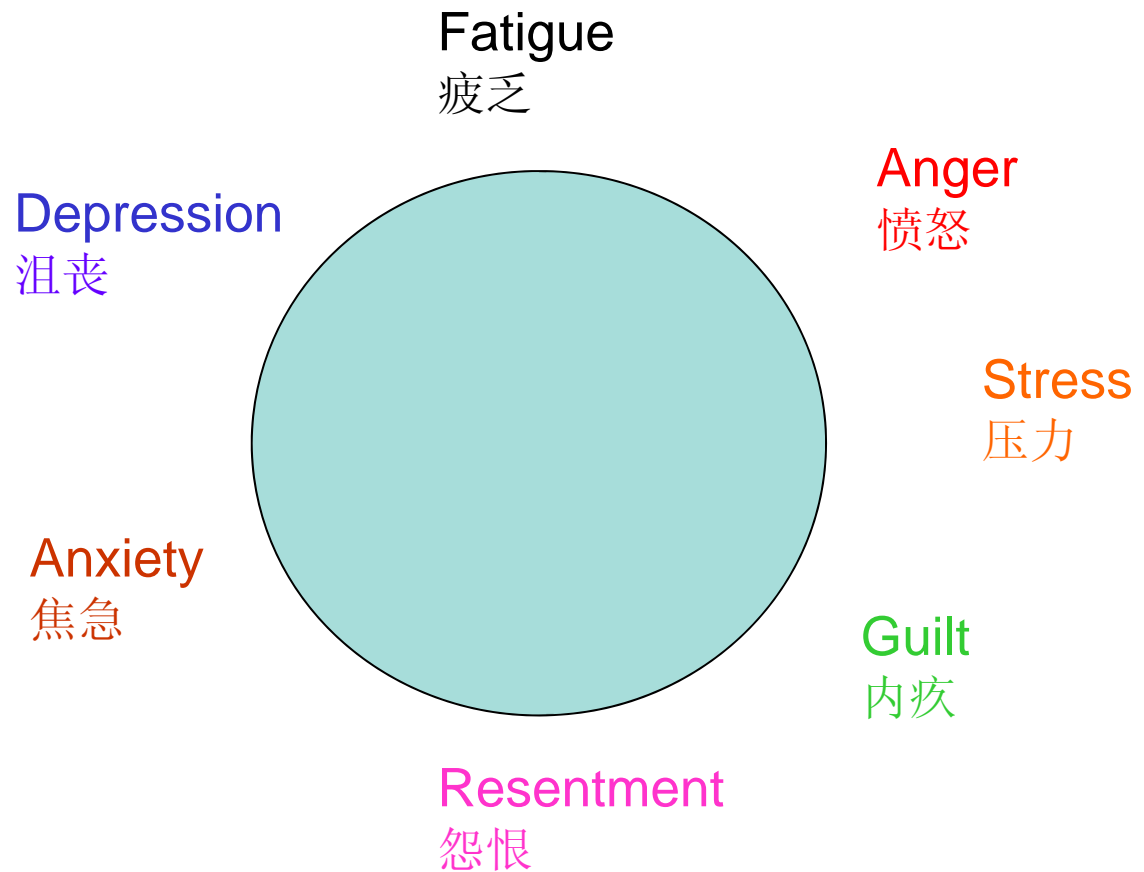
## 护理

- 怜悯
- 意识到的
- 作出反应
- 发动
- 需要
- 并肩地



# Cycle of Caregiver's Feelings

## 护理人的心情循环





## Increasing Needs:

when a care receiver's condition worsens and the caregiver finds it hard to manage alone...

需要逐渐增加:

当病人的身体状况恶化时护理人会觉得独自一个人难以处理。。。



Caregiver's expectations may exceed their available energy and abilities!



护理人的期望高而超过自己的精力和能力限度！







## Self-Care

- Involves attending to your physical, mental, emotional, and social needs
- Being able to manage your stress & emotions
- Being assertive in prioritizing for yourself

**“Only when you can care for yourself, then you can care for others.”**

## 自护理

- 包括照顾自己身体的，精神的，心理的，和社交的需要
- 可以管理自己的压力和情绪
- 可以维护自己的优先权

**“唯有照顾好自己，才可以照顾别人。”**



# Six Steps Towards Self-Care

## 护理的六步骤



(1) Get Enough Rest



得到足够的睡眠





# Six Steps Towards Self-Care

## 自护理的六步骤

(2) Get Regular Exercise

经常做运动



# Six Steps Towards Self-Care

## 自護理的六步驟

(3) Eat Well

吃得好

A vertical strip of four images on the left side of the slide. From top to bottom: a clock with a purple-to-pink gradient background; a clock with a yellow-to-orange gradient background; an open book with a green-to-cyan gradient background; and a closed book with a purple-to-blue gradient background.

## Six Steps Towards Self-Care

### 自护理的六步骤

#### (4) Stay Connected

保持联络，找人分忧解愁



# Six Steps Towards Self-Care

## 自护理的六步骤

(5) Ask for Help

要求帮助



# Six Steps Towards Self-Care




## 自护理的六步骤

(6) Take Time Out  
抽出时间



# Coping tips

## 处理秘诀

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- **The key to coping with stress is to identify the causes of stress in your life, and then learn healthy ways to deal with them**
  - **Remember that stress comes from how you respond to stressful events**
  - You have some control over stress and how it affects you. We all have our own way of coping with change, so the causes of stress can be different for each person.
  - **Becoming a caregiver is a common source of stress for many people**
- 
- 





# Practical Support

## 实际的支撑



- Grandchildren
- Good Neighbour
- Friends
- Respite Care
- Pets

孙子  
好邻居  
朋友  
缓解  
宠物



# Emotional Support

## 情感的支撑

- To be honest about your feelings
- You may experience a vast range of feelings – from utter despair to deep joy – neither right nor wrong as they are part of our humanity
- Everyone reacts differently to a situation – feelings are personal and the mechanism adopted to cope with feelings will be unique for every individual
- Reassurance – you are not bad if you experience negative emotions – it is what you do with them that matters



# Spiritual Support

## 神圣的支撑

- House group members to take turn to sit with care receiver to give caregiver the chance to attend prayer meetings/services
- Allow prayers with care receiver and caregiver
- Pastoral visits by pastors or elders – Holy Communion at home
- Small gestures of loving concern may bring comfort and reminder that there is God who loves us





# Support Groups

- Support group of caregivers in the same situation (e.g. caring for a loved one with cancer) to learn from others' experience
- Church groups

## 支撐集團

- 自助集團
- 教會集團

# Techniques for Stress Management & Relaxation

## 放松的技巧

- Deep Diaphragmatic Breathing  
深呼吸
- Progressive Muscle Relaxation  
渐进肌肉放松
- Meditation  
沉思
- Massage  
按摩





Useful Information

有帮助的资料



■ **Agency for Integrated Care (AIC)**

Information & Referral

Tel: 6478 2422 (Office Hours), <http://www.aic.sg>

■ **AWWA Centre for Caregivers (AWWA CFC)**

Support Group; Training; Info & Referral; Casework & Counselling

Infoline: 1800 2992 992, [www.awwa.org.sg](http://www.awwa.org.sg)



■ **Community Development Council (CDC)**

Assisting the needy – to help the less fortunate through job-matching and social assistance schemes

Tel: 1800 - 222 0000 (ComCare Helpline - 24 hours)

<http://www.cdc.org.sg>



■ **HCA Hospice Care**

Home Care; Day Care Centre

Main Line: 6251 2561, [www.hca.org.sg](http://www.hca.org.sg)

■ **National Cancer Centre Singapore (NCCS)**

Info on NCCS' specialist oncology clinics & other NCCS outpatient services

Help Desk: 6436 8000, [www.nccs.com.sg](http://www.nccs.com.sg)

Cancer Helpline: 6225 5655





- **Samaritans of Singapore (SOS)**

Email befriending; face-to-face sessions; emergency squad; local outreach to suicide survivors; and support group for suicide survivors 24-hour

Hotline: 1800 221 4444, [www.samaritans.org.sg](http://www.samaritans.org.sg)



- **Singapore Hospice Council (SHC)**

Information on hospice and palliative care

Tel: 6256 2677, [www.singaporehospice.org.sg](http://www.singaporehospice.org.sg)



- **The Centre for Enabled Living Ltd (CEL)**

Information & Referral

Tel: 6593 6437, [www.cel.sg](http://www.cel.sg)



- **Touch Caregivers Support (TCG) Singapore**

Provides a range of holistic care and support services for caregivers

Tel: 6258 6797, [www.caregivers.org.sg](http://www.caregivers.org.sg)



# Caregiver Support Services

- AWWA Centre for Caregivers  
11, Lorong Napiri, Level 3 S(547532)  
Tel: 6511 5318
- Caregiver Counselling Welfare Association (CCWA)  
Blk 3 Ghim Moh Road #01-294, S(270003)  
Tel: 6466 7957
- HCA Hospice Care  
12, Jalan Tan Tock Seng, S(308437)  
Tel: 6251 2561
- Hua Mei Centre for Successful Ageing  
298 Tiong Bahru #15-01/16 Central Plaza Singapore  
168730  
Tel: 6593 9500
- Moral Community Case Management  
14 Buangkok Green, Singapore 539755  
Tel: 6489 0721
- Touch Caregivers Support  
Blk 173 Lor 1 Toa Payoh #01-1264 S(310173)  
Tel: 6258 6797





# Befriending Services

- Comfort Keepers  
1 Sophia Road, #06-20 Peace Centre  
Singapore 228149  
Tel: 6336 3376
- HCA Hospice Care  
12, Jalan Tan Tock Seng, S(308437)  
Tel: 6251 2561
- Lions Befrienders Service Association  
130, Bukit Merah View #01-358 S(150130)  
Tel: 1800 375 8600
- Logos Care Pte Ltd  
<http://www.becausehecares.info>  
Tel: 8182 1543



# Dealing with Loss (Bereavement, Support Group & Counselling)

- Counselling and Care Centre  
Blk 536 Upper Cross Street #05-241,  
Singapore 050536  
Tel: 6536 6366
- Family Service Centres and Counselling Services [www.helpsfc.org.sg](http://www.helpsfc.org.sg)  
Tel: 1800 838 0100
- HCA Hospice Care  
12, Jalan Tan Tock Seng, S(308437)  
Tel: 6251 2561
- WiCare @ Bishan 9, Bishan Place, Office Tower #08-01, Singapore 579837  
Tel: 6354 2475



# Inpatient Hospice, Day Hospice and Home Hospice

- [Agape Methodist Hospice](#), 70 Barker Road  
Tel: 6478 4766
- [Assisi Hospice](#), 820 Thomson Road  
Tel: 6347 6448
- [Bright Vision Hospital](#), 5 Lorong Napiri  
Tel: 6248 5757 / 6248 5755
- [Dover Park Hospice](#), 10 Jalan Tan Tock Seng  
Tel: 6500 7272
- [HCA Hospice Care](#), 12 Jalan Tan Tock Seng  
Tel: 6251 2561
- [Metta Hospice Care](#)  
296, Tampines Street 22  
Tel: 6787 2212
- [Singapore Cancer Society](#), 15 Enggor Street  
Tel: 6221 9578
- [St Joseph's Home](#), 921 Jurong Road  
Tel: 6268 0482



Thank you

谢谢

